



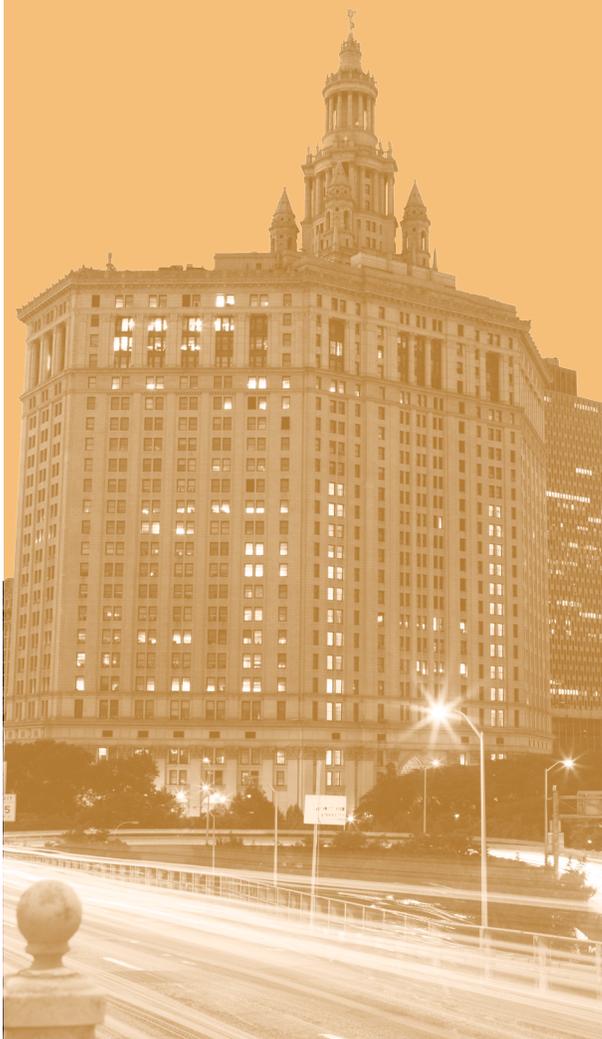
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THE PUBLIC ADVOCATE  
FOR THE CITY OF NEW YORK

Letitia  
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## RESOURCE GUIDE:

### Tackling Mental Health Challenges in the LGBT Community

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New York City Public Advocate  
Letitia James

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Dear Friend,

The month of June is Lesbian, Gay, Bisexual and Transgender (LGBT) Pride Month, which falls right on the heels of Mental Health Awareness Month. As the Public Advocate for the City of New York, I wanted to share a comprehensive list of resources for members of the LGBT community as well as their friends and families who are looking for access to mental health services in our city.

While the LGBT community has made great strides, there is still a lot of work to be done to create full equality, which includes equal access to programs and services. This is why my office has been working on addressing discrimination by landlords of tenants with vouchers from the HIV/AIDS Services Administration (HASA), pushing for the passage of the Gender Expression Nondiscrimination Act to ensure that no one in New York State is discriminated against based on their gender identity or expression, securing increased funding for runaway and homeless youth shelters, and petitioning the city's Board of Corrections for reforms addressing sexual assault including how LGBT inmates are housed and treated at facilities like Rikers Island.

In terms of mental health, 1 in 4 Americans experience a mental health condition in a given year. Many times people may not realize that seemingly unrelated symptoms of migraines or exhaustion may be caused by a mental health condition. Others may not know how or feel too ashamed to pursue help. Why? Because of the unfortunate stigma associated with mental illness in our society. Members of the LGBT community must overcome the stigma of treating a mental health condition on top of addressing the challenges associated with accepting and feeling accepted based on their sexual orientation or gender identity. I have heard stories in our city where individuals seek out help but are not sharing their sexual orientation with their provider for fear of rejection. Others choose not to seek out services at all, until it's too late. We as a society must erase stigmas and offer help to those in need.

Common warning signs of a mental health condition can include: feeling sad for more than two weeks; seriously trying to harm oneself; sudden overwhelming fear for no reason; not eating or throwing up; significant weight loss or weight gain; mood swings; repeated use of drugs or alcohol; drastic changes in behavior, personality or sleeping habits; and difficulty in concentrating.

It is extremely important that members of the LGBT community realize they are not alone in finding treatment. Across our city, there are providers to serve the distinct needs of individuals from diverse backgrounds, cultures, religions, and identities, including communities of color, seniors, transgender and gender non-conforming individuals, and documented and undocumented immigrants. It is just a matter of linking people with services, which is the purpose of this guide.

Sincerely,

Letitia James  
Public Advocate for the City of New York



## HOTLINES

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NOTE: If you are in immediate danger or need emergency assistance, call 911 first.

### **Trevor Project**

1-866-488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

- If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment free place to talk, the Trevor Project has counselors offering support 24 hours a day, 7 days a week (24/7).

### **National Domestic Violence Hotline**

1-800-799-7233

[www.thehotline.org](http://www.thehotline.org)

- Approximately 23 percent of LGBT men and 50 percent of LGBT women experience abuse from their intimate partners. This means that members of the LGBT community are slightly more likely to experience abuse than straight couples. If you are in an unhealthy or dangerous relationship and not sure where you can get support, the hotline is there 24/7 to serve everyone affected by domestic violence.

### **New York City Anti-Violence Project**

116 Nassau Street (moving: June, 2015 - call for update)

New York, NY 10038

212-714-1141

[www.avp.org](http://www.avp.org)

- Bilingual (English/Spanish) 24/7 crisis intervention hotline with volunteers and professional counselors offering support to LGBT victims and survivors of any type of violence.

### **Safe Horizon**

Corporate Address: 2 Lafayette Street, 3rd Floor

New York, NY 10007

1-800-621-HOPE (4673)

[www.safehorizon.org](http://www.safehorizon.org)

- All Safe Horizon hotlines are free and operate 24 hours a day/7days a week. Regardless of what language you speak, counselors are able to help with crisis counseling, safety planning, assistance with finding shelter, and advocacy with the police.



- Domestic Violence Hotline: 1-800-621-HOPE (4673).
- Crime Victims Hotline: 1-866-689-HELP (4357).
- Rape, Sexual Assault & Incest Hotline: 212-227-3000 OR 1-866-689-HELP (4357).
- TDD phone number for all hotlines: 1-866-604-5350.
- Email for help (crisis only): [help@safehorizon.org](mailto:help@safehorizon.org), please allow 72 hours for a response.

**“In 2014 we continue to see that there is power in community to create safety, but that systemic oppression and institutional violence continue, particularly for marginalized LGBTQ and HIV affected communities, including transgender and gender non-conforming communities and LGBTQ communities of color, and that LGBTQ and HIV affected people living with disabilities are more vulnerable to hate violence, and face increased barriers in accessing services and support.”**

Source: Lesbian, Gay, Bisexual, Transgender, Queer, and HIV-affected Hate Violence in 2014 (2015). National Coalition of Anti-Violence Programs. Retrieved June 11, 2015 from [www.avp.org](http://www.avp.org)



## BRONX

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### **Boom! Health**

540 East Fordham Rd (between Bathgate Ave & Lorillard Place)

Bronx, NY 10458

718-295-BOOM (2666)

[www.boomhealth.org](http://www.boomhealth.org)

- Harm Reduction Center (226 East 144th Street, between Canal Place & Park Avenue) offers meals, showers, clothing, laundry, daily support and education groups, rapid HIV testing, rapid hepatitis C screening, hepatitis A and B vaccines, case management services, counseling, and connection to additional health care services including accessing medication.
- Prevention Center (953 Southern Blvd, 2nd Floor) offers innovative HIV, HCV and other STI prevention and screening services including support groups, counseling and drop-in center services for youth.

### **Bronx Community Healthcare Network Transgender Program**

975 Westchester Avenue (between Tiffany & Kelly Streets)

Bronx, NY 10459

718-320-4466

[www.chnnyc.org](http://www.chnnyc.org)

- Provides transgender patients with primary care, HIV treatment and hormone therapy along with counseling and help with practical matters such as how to change their name legally. Additionally, a family clinic hosts support groups on transgender health issues. Walk-ins welcome.

Lesbian and bisexual women who were “out” were 2 to 2.5 times more likely to experience suicidal ideation in the past 12 months than heterosexual women

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<sup>1</sup> Top Health Issues for LGBT Populations Information & Resource Kit (2012). Substance Abuse and Mental Health Services Administration. Retrieved May 13, 2015 from <http://store.samhsa.gov/shin/content/SMA12-4684/SMA12-4684.pdf>



## BROOKLYN

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### **Brooklyn Community Pride Center**

4 MetroTech Center (on Gold Street) - Ground Floor

Brooklyn, NY 11201

347-889-7719

[www.lgbtbrooklyn.org](http://www.lgbtbrooklyn.org)

- Offers a variety of revolving support groups to meet the needs of the LGBT community in Brooklyn.

### **Gay Men of African Descent (GMAD)**

540 Atlantic Avenue (between 3rd & 4th Avenues) - Lower Level

Brooklyn, NY 11217

718-222-6300

[www.gmad.org](http://www.gmad.org)

- The Support Services Department is comprised of licensed professionals and interns who offer individual, couples, and group services for a variety of interventions including support, advocacy, and referrals. GMAD is known for working with gay men of color and their social/sexual networks helping to instill coping skills, knowledge, and the capacity to independently navigate life's challenges.

### **Health and Educational Alternatives for Teens**

760 Parkside Avenue (between Nostrand & New York Avenues), Room 308

Brooklyn, NY 11226

718-282-1192

[www.heatprogram.org](http://www.heatprogram.org)

- On site case management, mental health services, confidential HIV pre- and post-test counseling, hormone therapy treatment and STD/STI screening and treatment.



## MANHATTAN

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### **Callen Lorde Community Health Center**

356 West 18th Street (between 8th & 9th Avenues)

New York, NY 10011

Mental Health Services for Adults call 212-271-7200

[www.callen-lorde.org](http://www.callen-lorde.org)

- Sensitive LGBT knowledgeable psychiatry services plus individual and group psychotherapy for patients receiving medical care at Callen Lorde.

### **Gay Men's Health Crisis (GMHC)**

446 West 33rd Street (between 9th & 10th Avenues)

New York, NY 10001

Main Number: 212-367-1000

[www.gmhc.org](http://www.gmhc.org)

- Offers individual, family/couples and group counseling. There is also short-term intensive counseling for clients who are HIV+ or who are at high risk for HIV infection or transmission. Individuals are counseled to increase their knowledge about both HIV and substance use, engages in dialogue about the relationship between substance use and unsafe sexual behaviors, and set realistic personal goals. To enroll in the Mental Health Services program, first register as a client of GMHC by calling 212-367-1165 or emailing [mhs@gmhc.org](mailto:mhs@gmhc.org).

### **Hetrick Martin Institute**

2 Astor Place (at Broadway)

New York, NY 10003

212-674-2400

[www.hmi.org](http://www.hmi.org)

- Supportive services including individual counseling, many different forms of group counseling, and comprehensive mental health screenings for youth.



**Housing Work's Keith D. Cylar House Health Center**

743-749 East 9th Street (between Avenues C & D)

New York, NY 10009

212-677-7999 ext. 4202

[www.housingworks.org](http://www.housingworks.org)

- Long-term psychotherapy, crisis intervention, group therapy, psychiatric services, mental health/illness management, anger and impulsivity management, and family support.

**Housing Work's West Village Health Center**

330 West 13th Street (between 8th & 9th Avenues)

New York, NY 10014

212-677-7999 ext. 4217

[www.housingworks.org](http://www.housingworks.org)

- Special programming for HIV+ and under-insured individuals who are not eligible for Medicaid. Offers individual and group counseling, care coordination with an individual's other services, treatment adherence counseling, and crisis intervention.

**The Lesbian, Gay, Bisexual and Transgender Community Center**

208 West 13th Street (between Greenwich & 7th Avenues)

New York, NY 10011

212-620-7310

[www.gaycenter.org](http://www.gaycenter.org)

- The Center provides an array of programming to address the specific health issues that affect the LGBT community including assistance with insurance enrollment, support services for mental health, coping with substance use, and living with HIV and AIDS.

**The Door**

555 Broome Street (between 6th Avenue & Varick Street)

New York, NY 10013

212-941-9090 ext. 3249 (front desk)

[www.door.org](http://www.door.org)

- Individual and group counseling services, crisis counseling, and help if you are coming out including tips for talking to friends and family and counseling groups that address issues facing LGBT young people like sexual health, relationships and gender identity.



**William F. Ryan Community Health Center**

110 West 97th Street (between Amsterdam & Columbus Avenues)  
New York, NY 10025  
212-749-1820

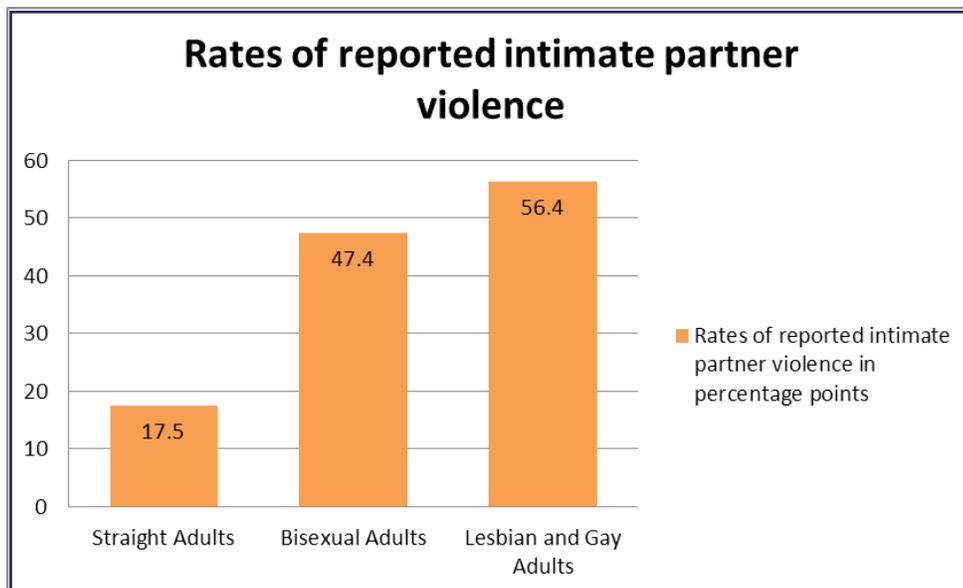
279 East Third Street (between Avenues C & D)  
New York, 10009  
212-477-8500

565 Manhattan Avenue (between West 123rd & 124th Streets)  
New York, NY 10027  
212-222-5221

645 Tenth Avenue (between West 45th and 46th Streets)  
New York, NY 10036  
212-265-4500

[www.ryancenter.org](http://www.ryancenter.org)

- Teams of dedicated and experienced HIV health care professionals committed to providing a range of comprehensive HIV services including counseling.



<sup>2</sup>Top Health Issues for LGBT Populations Information & Resource Kit (2012). Substance Abuse and Mental Health Services Administration. Retrieved May 13, 2015 from <http://store.samhsa.gov/shin/content/SMA12-4684/SMA12-4684.pdf>



## QUEENS

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### **Community Health Network Family Health Center**

90-04 161st Street (at 90th Avenue)

Jamaica, Queens 11432

718-523-2123

[www.chnnyc.org](http://www.chnnyc.org)

- Provides transgender patients with primary care, HIV treatment and hormone therapy, along with counseling and help with practical matters, such as how to change their name legally. The family clinics also hosts support groups about transgender health issues. Walk-ins welcome.

### **Queens LGBT Center (part of the Long Island LGBT Network)**

58-20 Little Neck Parkway (between 58th & 60th Avenues)

Little Neck, Queens 11362

516-323-0011

[www.lgbtnetwork.org](http://www.lgbtnetwork.org)

- Trained social work counselors provide LGBT-affirming counseling and crisis intervention for individuals, couples, and families. Specialization areas include coming out, depression, anxiety, trauma, grief, HIV/AIDS, and a continuum of addiction counseling services. Sliding scale fee for **adults. Free for youth.**

### **Queens Pride House**

76-11 37th Avenue (between 76th & 77th Streets), Suite 206

Jackson Heights, Queens 11372

718-429-5309

[www.queenspridehouse.org](http://www.queenspridehouse.org)

- Free Supportive Counseling: Tuesday - Thursday: 1p.m. - 9p.m., Friday and Saturday: 1p.m. - 6p.m.



## STATEN ISLAND

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### Staten Island LGBT Community Center

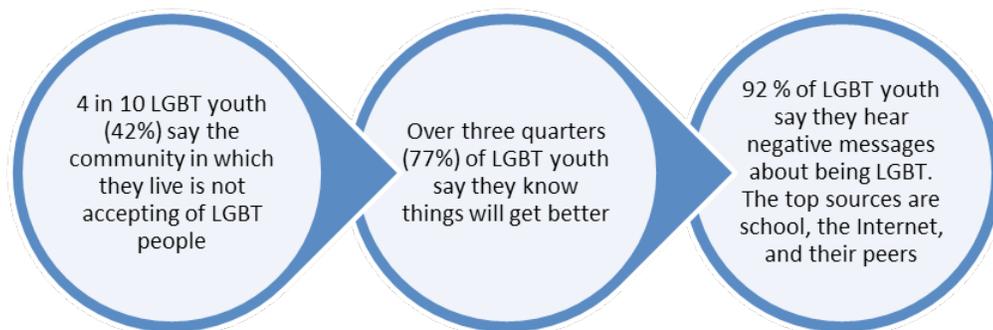
25 Victory Boulevard (at Bay Street), 3rd Floor

Tompkinsville, Staten Island 10301

718-808-1361

[www.silgbtcenter.org](http://www.silgbtcenter.org)

- Free and confidential individual, couples, and family mental health counseling for LGBT individuals and family members concerned about their LGBT loved ones.



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<sup>3</sup> Growing Up LGBT in America (2011-2015). Human Rights Commission. Retrieved June 11, 2015 from [www.hrc.org/youth/view-statistics](http://www.hrc.org/youth/view-statistics)



## OLDER ADULTS

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### **GRIOT Circle**

25 Flatbush Avenue, 5th Floor

Brooklyn, NY 11217

718-246-2775

[www.griotcircle.org](http://www.griotcircle.org)

- GRIOT Circle's mission is to provide programs and services to assist lesbians, gay men, and bisexual and transgender elders of color over the age of fifty in removing the isolation and fear around aging in the community of LGBT people of color and to eliminate discrimination wherever it exists.

### **Services & Advocacy for Gay, Lesbian, Bisexual and Transgender Elders (SAGE)**

305 7th Avenue (15th Floor)

New York, NY 10001

646-576-8669

[www.sageusa.org/nyc](http://www.sageusa.org/nyc)

- SAGE social workers and case managers offer a variety of services and support groups including information and referrals, case management, benefits and entitlements assistance, caregiving issues, friendly visiting, support groups, caregiving, bereavement, maintaining sobriety, dealing with depression and anxiety, and breaking social isolation.
- To see a SAGE social worker, call 646-576-8669 to make an appointment



## SHELTERS FOR HOMELESS YOUTH

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About 40 percent of homeless youth identify as LGBT and a significant number of homeless youth suffer from mental health conditions. Depression, post-traumatic stress disorder, and suicide attempts are all common among homeless youth. While some on the streets suffered from mental health issues before they left home, others develop emotional difficulties due to the daily threats of violence and exploitation that they experience living on the street. Below is a list of shelter resources, which also provide supportive services.

### **Ali Forney Center**

Harlem Drop In Center:

321 West 125th Street (at Saint Nicholas Avenue)

New York, NY 10027

212-206-0574

[www.aliforneycenter.org](http://www.aliforneycenter.org)

- Offers emergency and transitional housing, drop-in services, meals, support groups, counseling and medical services for LGBT homeless youth

### **Covenant House New York**

460 West 41st Street (between 10th & Dyer Avenues)

New York, NY 10036

212-613-0300

[www.covenanthouse.org](http://www.covenanthouse.org)

- Provides emergency shelter, crisis care, counseling, meals, and clothing.

### **Safe Horizon Streetwork Project**

Harlem Drop-In Center:

209 West 125th Street (at Adam Clayton Powell Jr. Blvd)

New York, NY 10027

212-695-2220

Lower East Side Drop-In Center:

33 Essex Street (between Hester & Grand Streets)

New York, NY 10002

646-602-6404



- Provides LGBT-affirming services for runaway and homeless youth including emergency housing, mental health services (psychiatric services, counseling, case management), medical care, needle exchange and an HIV support group.

### Trinity Place Shelter

164 West 100th Street (between Amsterdam & Columbus Avenues)

New York, NY 10025

646-580-7045

[www.trinityplaceshelter.org](http://www.trinityplaceshelter.org)

- Provides LGBT youth and young adults with transitional housing, food, access to individual/group counseling, and independent living supportive services.

33.2% of transgender youth have attempted suicide

29.1% of LGBT students missed class and 30% missed a day of school in the past month because they felt unsafe in their school

63.7% of LGBT students reported being verbally harassed, 27.2% reported being physically harassed, and 12.5% reported being physically assaulted at school in the past year because of their GENDER EXPRESSION

84.6% of LGBT students reported being verbally harassed, 40.1% reported being physically harassed, and 18.8% reported being physically assaulted at school in the past year because of their SEXUAL ORIENTATION

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<sup>4</sup>Top Health Issues for LGBT Populations Information & Resource Kit (2012). Substance Abuse and Mental Health Services Administration. Retrieved May 13, 2015 from <http://store.samhsa.gov/shin/content/SMA12-4684/SMA12-4684.pdf>

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